

Strawberry Frozen Yogurt

Ingredients:

4 cups frozen strawberries
2/3 cup plain Greek yogurt
4 tablespoons honey or stevia, to taste

Directions:

Process all ingredients in a blender or food processor and enjoy. If storing in the freezer, before eating, let the frozen yogurt thaw slightly at room temperature until able to scoop with an ice cream scoop.

Nutrition Facts	
Serving Size 1/2 cup (83g)	
Servings Per Container 10	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 2g	
Vitamin A 0%	• Vitamin C 40%
Calcium 2%	• Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

For more information, please contact:

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Source: justataste.com

